

Towns County Middle-High

SEPTEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Holiday
Labor Day

2
Country Steak & Gravy
Chicken Filet Bar
Creamy Mashed Potatoes
Baby Carrot Dippers
Whole Grain Roll
Fresh Fruit Variety

3
Mini Corn Dogs
Beef Nacho Bar
Texas Caviar
Green Beans
Picante Sauce
Fresh Fruit Variety

4
BBQ Pork Sandwich
Hamburger
Lettuce /Tomato
Potato Tots/ Baked Beans
Creamy Cole Slaw
Fresh Fruit Variety

5
Hot Wings
Pizza
Celery Dippers
Corn on the Cob
Fresh Fruit Variety
Bfst: Gravy Biscuit & Eggs/
Nutri Grain Bar/ Cereal

Bfst: Pancake on a Stick/
Muffin/Cereal

Bfst: Breakfast Pizza/
Apple Frudel/ Cereal

Bfst: Bacon Or Chicken
Biscuit/Cinnamon
Bun/Cereal

8
Chicken Tenders
Pizza
Cheesy Broccoli
Carrot Dippers
Potato Smiles/ Biscuit
Fresh Fruit Variety

9
Baked Rotini & Warm
Breadstick/ Chicken Filet
Oven Roasted Cauliflower
Green Beans
Chilled Fruit or Fresh Fruit
Bfst: Pancake on a
Stick/Super
Doughnut/Cereal

10
Fish Nuggets &
Hushpuppies
Chicken Fajita Bar
Black-eyed Peas
Red Bell Dippers
Creamy Cole Slaw
Fresh Fruit Variety
Bfst: Breakfast
Pizza/Muffin/Cereal

11
Corndogs
Hamburger Bar
Lettuce & Tomato
Potato Smiles/Jigglin Jello
Fresh Fruit Variety

12
Philly Steak & Cheese
Pizza
Grilled Peppers & Onions
Oven Fries/Carrot Dippers
Sweet Green Peas
Fresh Fruit Variety
Bfst: Gravy Biscuit &
Eggs/Nutri Grain
Bar/Cereal

Bfst: Sausage or Chicken
Biscuit/Poptart/Cereal

Bfst: Bacon or Chicken
Biscuit/Frudel/Cereal

15
Chicken Nuggets
Pizza
Baked Beans/Biscuit
Garden Peas & Carrots
Creamy Coleslaw
Fresh Fruit Variety

16
Frito Pancho
Chicken Filet Bar
Potato Smiles
Green Beans
Carrot Dippers
Chilled Fruit or Fresh Fruit

17
Beef Taco
Hot Dog on Bun
Salsa /Sun Chips
Refried Beans
Mexicali Corn
Fresh Fruit Variety
Bfst: Breakfast
Pizza/Poptart/Cereal

18
Macaroni & Cheese
Hamburger Bar
Sweet Glazed Carrots
Black-eyed Peas
Cornbread
Fresh Fruit Variety

19
Crispy Fish Sandwich
Pizza
Oven Fries/Coleslaw
Corn on the Cob
Frozen Juice Bar
Fresh Fruit Variety

Bfst: Sausage or Chicken
Biscuit/Super Doughnut/Cereal

Bfst: Bacon or Chicken
Biscuit/Cinnamon
Bun/Cereal

Bfst: Gravy Biscuit &
Eggs/Frudel/Cereal

22
Asian Glazed Chicken
Pizza
Egg Roll / Carrot Dippers
Oriental Veggies/Fried Rice
Mandarin Oranges
Fresh Fruit Variety

23
Spaghetti w/ Meatsauce
Chicken Filet Bar
Cheesy Broccoli
Oven Roasted Sweet Potato
Breadstick
Fresh Fruit Variety

24
Mini Corndogs
Beef Nacho Bar
Potato Smiles
Texas Caviar/Picante Sauce
Green Beans
Fresh Fruit Variety

25
Calzone
Hamburger Bar
Potato Tots
Baked Beans
Celery Dippers
Fresh Fruit Variety

26
Meatball Sandwich
Pizza
Whole Kernel Corn
Carrot Dippers
Frozen Juice Bar
Fresh Fruit Variety

Bfst: Sausage or Chicken
Biscuit/Nutri Grain Bar/Cereal

Bfst: Bacon or Chicken
Biscuit/Poptart/Cereal

Bfst: Gravy Biscuit &
Eggs/Super
Doughnut/Cereal

29
Pizza
Country Steak & Gravy
Creamy Mashed Potatoes
Baby Carrot Dippers
Whole Grain Roll
Fresh Fruit Variety

30
Cheese Quesadilla
Chicken Filet Bar
Potato Smiles
Green Beans
Picante Sauce
Fresh Fruit Variety

Bfst: Sausage or chicken
Biscuit/Cinnamon
Bun/Cereal

Bfst: Pancake on a
Stick/Poptart/Cereal

DID YOU KNOW?

The average classroom pencil can write about 45,000 words!

Breakfast Includes:

- Fresh Fruit Variety
- Juice variety
- Milk Choice that includes:
- White 1%, White Skim or Chocolate Skim
- Yogurt & Fruit Parfait Offered Daily
- Cereal or Breakfast Pastry offered Daily.

Lunch Includes:

- Variety of Fresh Fruit usually apple, banana, pear or other seasonal fruits
- Milk choice that includes White 1%, White Skim and Chocolate Skim
- Fresh Salad Bar is offered Daily as a choice.
- Deli Sandwich offered Daily as a food choice.

Market conditions, delivery, inclement weather, or availability of food may require changes to the menu without prior notification.

“This institution is an equal opportunity provider.”